



HOW TO USE RETINOL

- Apply ONE pea sized amount of retinol product all over face, avoiding the eye area and lip line.
- Cleanse hands with soap and water immediately after application.
- Use only in the evening, as the last step in your regimen before your moisturizer.
- For the first 4 weeks you will use this product **every 3 nights**. (i.e. use it for one night, then take two nights off, use it again for one night and take another two nights off.)
- If tolerated well, you may begin using it every other night for the next 4 weeks. If still tolerated well, you may begin using it every evening.
- You may initially experience some slight redness, flaking and breakouts from this product, however it will dissipate as your skin regulates.

**Stop retinol use 3-5 days prior to any professional treatment including waxing